

1. What are the main functions of the cardiovascular system?
2. Explain the cardiac cycle. What are the two measures of this cycle? What value is considered normal?
3. Describe the types of vessels within the vascular system. What specific characteristics do they have to perform their function?
4. What are the components of blood? What is the role of the different types of blood cells?
5. Explain how each of the following measures adapt at the onset of exercise;

6. Describe the changes in the cardiovascular system in response to regular aerobic exercise.
7. Complete the worksheet provided to label key regions of the heart and pathway of blood

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